

## **NEWS BRIEFS**

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### **FOR IMMEDIATE RELEASE**

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### **Fremont Senior Center to Host Various September Events**

The Fremont Senior Center is offering a variety of programs and activities during National Senior Center Month in September.

The Fremont Senior Center is a welcoming community for local seniors to gather, learn, and simply enjoy life through a full range of social and health services, leisure activities, and events. Throughout the year, the Fremont Senior Center offers numerous trips, workshops, classes, and support and interest groups.



#### **How to Spot a Stroke Lecture**

**Wednesday, September 4**

**1 p.m. - 2 p.m.**

Join the Eden Medical Center Community Outreach Program for a free educational lecture about strokes, how to identify them and what you can do to prevent them. Davinder Lell from Eden Medical Center will be here to present the important information. To RSVP, sign up at the Senior Center front desk or call 510-790-6600.

#### **Intergenerational Landscape Art**

**Thursday, September 5**

**3:30 p.m.**

Join Girl Scout Troop #33623 to paint and create vibrant rock art for the front of the senior center. If interested sign up at the front desk or call at 510-790-6600. Limited spaces available.

**Fremont Senior Center**  
**Member Appreciation**  
**Thursday, September 12**  
**2 p.m. – 4 p.m.**

The Fremont Senior Center is grateful for its members. Members help support a busy vibrant center that does a lot with a small budget. Join us during National Senior Center Month and let us say thanks to all our members. Event sponsored by Clear Caption Phones, and light refreshments will be provided. RSVP by calling 510-790-6600 or sign up at the senior center front desk.

**FSC Karaoke**  
**Thursday, September 19**  
**10 a.m. - 1.30 p.m.**

Get those vocal chords warmed up and ready. For all the karaoke lovers out there, this is your chance to let your hair down and have some fun with music and friends. If you'd like to join and sing your favorite tune, please RSVP by calling 510-790-6600 or sign up at the senior center front desk.

**FSC Art Show**  
**Wednesday, September 25**  
**11:30 a.m. – 1:30 p.m.**

Students from the Fremont Senior Center's own Intro to Drawing Class, which is held Wednesdays from 10:30 a.m. to 12 p.m., are ready to showcase what they've created. Come and be inspired, and consider joining a class taught by Richard O'Clarke.

The Fremont Senior Center is proud to serve as a second home for all of the seniors in the surrounding community. To find out more about membership, benefits, and events, please stop by the Senior Center at 40086 Paseo Padre Pkwy. in Fremont, visit [www.Fremont.gov/SeniorCenter](http://www.Fremont.gov/SeniorCenter), or call at 510-790-6600.

**Fremont Fire Offering Free Classes for Disaster Preparedness and Emergency Response**

The Fremont Fire Department has been training Fremont community members to respond to emergencies such as earthquakes, fires, and floods for the past 15 years. This year is no exception. To prepare for emergencies on a household level, residents can take the free **Personal Emergency Preparedness (PEP)** class to learn how to take care of themselves and their families before, during, and after a disaster.

This three-hour class will offer training in gas, electric, and water shut-off, hazardous material awareness, smoke detector placement, sheltering in-place, and more. PEP classes at the Fremont Fire Administration Office, located at 3300 Capitol Ave. (behind the building), are held from 7 p.m. to 10 p.m. and are offered on Tuesday, October 15 and Monday, November 18.



If residents are interested in making a broader impact by helping the Fire Department serve the community, they can join the **Community Emergency Response Team (CERT) program**. This program consists of three free classes of the skills residents need to assist themselves, their families, neighbors, and the Fire Department in the event of an emergency.

In CERT classes, participants will get detailed “hands-on” training in:

- Hazardous Material Recognition
- Building Damage Assessment
- Small Fire Fighting
- Search and Rescue
- First Aid / Triage
- Lifting heavy objects off trapped persons
- Lifting and moving injured people
- Incident Command System and Disaster Communications

Anyone interested in taking a CERT class must first attend a Personal Emergency Preparedness (PEP) class. CERT classes will be held at the Fremont Fire Training Tower on the following dates:

- CERT Class Series III
  - Class 1: Friday, October 11 at 7 p.m. to 10 p.m.
  - Class 2: Saturday, October 12 at 8 a.m. to 5 p.m.
  - Class 3: Sunday, October 13 at 8 a.m. to 5 p.m.

To register for a PEP or CERT class, please call 510-494-4244 or email [FirePubEd@fremont.gov](mailto:FirePubEd@fremont.gov).

If your group would like to schedule your own personal group PEP class at your location, contact Chuck Guaraglia, Public Education, Fremont Fire Dept., at 510-792-3473 or [quaragliac@comcast.net](mailto:quaragliac@comcast.net).

## Afterschool Educational Enrichment in Warm Springs

The City of Fremont Community Services Department offers a homework assistance program at the Warm Springs Community Center, located at 47300 Fernald St. Offered Monday through Friday, 3 p.m. to 6 p.m., the Warm Springs After School Care and Homework program runs throughout



the school year beginning September 26. Register at [www.RegeRec.com](http://www.RegeRec.com) and use barcode # 274330.

Youth in grades K-6 can take part in the homework support program that provides an environment to thrive both academically and emotionally through well-structured daily curriculum, nutritious snacks, outdoor supervised recess, and fun activities in a nurturing environment. Experienced and enthusiastic staff monitors homework and provides students quality help when needed. This unique program offers a smooth transition from school activities to a dedicated space for daily homework assistance. The program runs every four weeks through the school year (except holiday breaks).

Secure your space now! Register at [www.RegeRec.com](http://www.RegeRec.com); call 510-494-4318 or 510-494-4300 for more information.

### **Niles Canyon Stroll & Roll**

Mark your calendar for the Niles Canyon Stroll & Roll on Sunday, September 22 from 7 a.m. to 2 p.m., a rare event where Highway 84 (Niles Canyon Road) is closed to vehicular traffic. This is an opportunity for people to bike and walk safely through the canyon with their friends and family.

- From 7 a.m. – 8 a.m. the road will be closed to all vehicles, and will be open only to cyclists.
- From 8 a.m. – 2 p.m. the road will be open to all pedestrians and bicyclists to “stroll & roll” through.

The Stroll & Roll began in 2015 by Alameda County Supervisors Richard Valle and Scott Haggerty in an effort to promote an initiative to create a Class 1 Trail through the Niles Canyon.

For more information visit [www.84strollroll.com](http://www.84strollroll.com).



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